

Research on Sustainable Development of Higher Vocational Sports under the Concept of Sunshine Sports

QiuHong Zeng

Jiangxi Vocational Technical College of Industry&Trade, Nanchang, Jiangxi 330038, China

zqh830327@163.com

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Abstract: With the popularization of infrastructure and network, higher vocational students spend less and less time on physical exercise every day. The emergence of this phenomenon seriously restricts the sustainable development of students. Under this background, it is particularly important to carry out sunshine sports to promote the sustainable development of higher vocational sports. Therefore, this paper studies the necessity and existing problems of sunshine sports, and focuses on the ways of sustainable development of higher vocational sports under the concept of sunshine sports, mainly including using the concept of sunshine sports to guide and cultivate relevant teachers and talents, hoping to promote the sustainable development of college sports through the above research, so as to promote the improvement of higher vocational students' comprehensive quality.

1. Introduction

The sports development of higher vocational colleges should follow the principle of sustainable development. In this way, it can not only promote the development of education, but also enhance the sports ability of higher vocational students and provide a steady stream of talents with strong physique for socialism with Chinese characteristics. However, in recent years, there are still various problems in the development of sunshine sports in higher vocational colleges, including the lack of attention paid by higher vocational leaders to physical education courses, the lack of a complete curriculum evaluation system, the lack of professional teachers, etc. Based on this situation, relevant personnel are required to vigorously develop sunshine sports and promote the sustainable development of physical education in higher vocational colleges, then improve the teaching level of physical education.

2. Necessity of Sustainable Development of Higher Vocational Sports under the Concept of Sunshine Sports

Combining the concept of sunshine sports to promote the sustainable development of higher vocational physical education is an important task of higher vocational physical education. This sport can not only help improve the physical condition of higher vocational students, but also promote the all-round development of higher vocational students.

2.1 Cultivate Healthy Lifestyle of Higher Vocational Students

Generally speaking, higher vocational students put exercise activities after entertainment activities, and a considerable number of students do not form the habit of eating breakfast and are picky about food during eating. The above situation leads to the increasingly serious physical problems of higher vocational students. With the gradual improvement of the infrastructure of higher vocational schools, the accommodation environment of students has also been greatly improved, which makes higher vocational students willing to spend more time in the dormitory. This phenomenon becomes more and more serious because of the richness of the network world, which affects the normal learning and exercise of higher vocational students. To promote the sustainable development of higher vocational sports with the concept of sunshine sports, we should

start from cultivating students' good living habits, improve their understanding of healthy living habits, cultivate their habit of physical exercise, and make sunshine sports become a part of higher vocational students' life^[1].

2.2 Conducive to the Physical and Mental Health Development of Higher Vocational Students

According to the relevant survey, the physical and mental health of students in higher vocational schools is showing a downward trend. The physical and mental status of higher vocational students is not only the focus of the national talent training plan, but also the prerequisite for the development of higher vocational students. If higher vocational students do not have a healthy body, even if they have noble morality and extremely firm faith, they can't serve socialism with Chinese characteristics and the people. Carrying out sunshine physical education in the higher vocational stage is not only conducive to the physical and psychological development of higher vocational students, but also can improve their physical quality and cultivate healthy and mentally sound talents for the country^[2].

3. Problems in Developing Sunshine Sports

3.1 Not Forming a Good Social Atmosphere

At present, "sunshine sports" has not been publicized on a large scale. Relevant personnel mechanically convey this concept, and do not convey the fun and significance, resulting in a waste of early investment resources, and the effect of the sport is not satisfactory.

3.2 Lack of Effective Organization and Management

Under the influence of exam-oriented education, some leaders of higher vocational schools do not pay attention to physical education curriculum, and have less understanding of sunshine sports. This phenomenon leads to the school not establishing and perfecting the organizational form of sunshine sports and unable to provide an activity platform for higher vocational students. Sunshine sports has not been fully implemented, in large part because the school leaders do not have a good understanding of the concept of sunshine sports, which makes sunshine sports in higher vocational colleges not sustainable.

3.3 Limitations of PE Teachers

Physical education teachers should deeply understand the concept of sunshine sports and fully combine this concept with the physical education classroom. However, in the actual physical education teaching, physical education teachers can't complete this link, making sunshine sports difficult to popularize. Another part of the reason is that some PE teachers do not have a good understanding of their own work. Due to problems such as treatment, PE teachers have a feeling of burnout and lose their enthusiasm to improve their work in their long-term work. Some PE teachers feel that their job is to help students alleviate their fatigue in class, and they do not realize that they can dominate sunshine sports^[3].

3.4 Limitations of Time, Venue and Equipment

PE teachers have only limited time to guide extracurricular sports activities. In the limited time education, they can't meet the requirements of sunshine sports. This sport has strong randomness, and has relatively high requirements for activity places and equipment. If the above requirements can't be met, it will greatly affect the effect of carrying out activities, thus having a negative impact on sunshine sports activities.

4. Ways of Sustainable Development of Higher Vocational Sports under the Concept of Sunshine Sports

The sustainable development of college sports under the concept of sunshine sports needs correct concept guidance, institutionalize sunshine sports, vigorously cultivate sports teachers and talents,

establish a comprehensive evaluation system, provide comprehensive guarantee and support for the development of the sports, and promote the sustainable development of sports in higher vocational colleges.

4.1 Popularize the Concept of Sunshine Sports

Under the concept of sunshine sports, the key to the sustainable development of higher vocational physical education is to cultivate higher vocational students' awareness of sunshine sports by publicizing the concept of sunshine sports. Higher vocational colleges should strengthen the publicity of slogans such as "health first", and use this form to convey the concept of sunshine sports to higher vocational students, so as to make higher vocational students realize the importance of the sport. Higher vocational students have strong acceptance ability and can quickly identify with the concept under the guidance of sunshine sports. In view of the fact that many higher vocational students are unwilling to exercise, higher vocational physical education should increase the publicity of this concept, create a good atmosphere, guide higher vocational students, promote them to leave the classroom and dormitory, enter the beautiful nature and feel the nature, improve higher vocational students' interest in sports and consciously participate in sunshine sports activities through the above methods, then implement the concept of developing sunshine sports and promote the sustainable development of higher vocational sports ^[4].

4.2 Cultivate Sunshine Physical Education Teachers and Talents

Sunshine sports teachers and talents are the core of the implementation of sunshine sports in higher vocational colleges. The leaders of higher vocational colleges should let relevant teachers participate in the training course of the concept of sunshine sports, so that physical education teachers can further understand the sport, combine the sport with classroom teaching in the actual teaching process, and then improve the level of sunshine physical education. Higher vocational colleges can let special teachers take charge of the implementation of the sport according to the mastery of the concept of sunshine sports by each teacher. This practice can enable teachers to have more energy to study the concept of sunshine sports and promote the promotion of sunshine sports to a great extent. This sport is not only a simple sport, but also includes recess exercises, sports competitions and other parts, which puts forward more diverse challenges to teachers engaged in sports. The main performance is that higher vocational PE teachers should not only be able to teach sports knowledge, but also develop sports projects and guide the sports of college students. Therefore, it is necessary to cultivate sunshine sports teachers and talents to promote the development of sunshine sports in higher vocational colleges ^[5].

4.3 Construct Sunshine Sports Evaluation System

The evaluation system and supervision mechanism are the backing of the sustainable development of physical education in higher vocational colleges. If there is no supervision mechanism, the sunshine sports in higher vocational schools will not be implemented in place, and it is difficult to make great progress. In order to ensure the smooth development of the movement, relevant leaders of higher vocational colleges should strive to establish the evaluation system and supervision mechanism of the movement, which should not only combine students' self-evaluation and mutual evaluation, but also combine the subjective and objective evaluation of teachers ^[6]. Higher vocational colleges should improve the proportion of sunshine sports evaluation in the comprehensive evaluation of higher vocational students, and use this method to improve students' attention to the sport. The evaluation of sunshine sports in higher vocational colleges should be objective, scientific and comprehensive, so that the supervision mechanism of the evaluation system can play a positive incentive role in the development of this sport. With this evaluation method, we can effectively prevent the sports evaluation link from walking into the wrong path of traditional sports evaluation, and let higher vocational students truly realize the purpose of physical exercise.

4.4 Establish the Development Mechanism of Sunshine Sports

In order to promote the development of sunshine sports, the leaders of higher vocational colleges

should establish a professional organization of sunshine sports, so as to further establish a perfect sunshine sports development mechanism. The professional organization should carry out sunshine sports with the help of various forces and formulate corresponding sports measures. Sunshine sports is a long-term work. If there is no specific planning and scheme, it is difficult to achieve sustainable development. A perfect system can play a normative role and make sunshine sports run smoothly. The staff of higher vocational colleges should fully realize the importance of institutionalization and gradually improve the development mechanism of sunshine sports. In the process of formulating relevant systems, the professional organization shall fully investigate the implementation of the sport and establish relevant systems in combination with various considerations^[7].

5. Conclusion

To sum up, under the guidance of the concept of sunshine sports, promoting the sustainable development of physical education in higher vocational colleges has many benefits, including improving the physical quality of higher vocational students and cultivating their healthy lifestyle. Therefore, physical education workers should carry out sunshine sports by establishing and perfecting relevant mechanisms, cultivating professional teachers and talents and constructing evaluation system, so as to achieve the purpose of improving the comprehensive quality of higher vocational students and further promote the benign development of physical education.

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